

## Improve the health of everyone at home.

Share these great tips for a healthy family!

- Eat breakfast daily
- Limit eating out at restaurants, particularly fast-food restaurants
- Eat more meals at home as a family
- Limit portion sizes
- Eat a variety of fruits, vegetables, whole grains, and low fat dairy products



## Resources

Making Your Plate  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Creative ways to eat more fruits & veggies  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Fun at the Y  
<http://www.ymca.net/>

Outdoor Adventures in Iowa  
<http://www.iowadnr.gov/>



Provider Information:



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## Creative Ideas to Eat & Play the Healthy Way



# Eat and Play the 5-2-1 way

## 5 Eat at least 5 fruits and vegetables every day

- Go with your parents to the grocery store and choose one new fruit or vegetable to try each week
- Be Colorful! Eat a red, green, orange, yellow and blue fruit or veggie every day.
- Help your family become healthy. Eat vegetables in front of them—they can learn by watching you!



## 2 Limit screen time (for example, TV, video games, computer) to 2 hours or less per day

- If you must play video games, choose games that involve activity.
- Avoid having the TV on as background noise while studying. Listen to music instead.
- If you have TiVo or a DVR, record your favorite TV shows and come to an agreement with your parents on a time to watch your recorded shows.



## 1 Get 1 hour or more of physical activity every day

- Separate blocks of time are ok. Go for a walk then later play basketball or ride your bike.
- Volunteer to walk neighborhood dogs.
- Ride your bike to the park.
- Mow the lawn or shovel the driveway.



## 0 Drink fewer sugar-sweetened beverages

- Drink water or low-fat/fat-free milk.
- Use water to quench your thirst.
- Look for drinks that say “100% fruit juice” and limit to one serving (or less) per day.
- Use the smallest size for a sugary drink, or share with others, and drink only on special occasions.

